ACTIVE HOPE: CHOOSING OUR FUTURE

Are we screwed? Perhaps because we are optimistic about the future, friends sometimes challenge us by citing the overwhelming evidence that our American way of life is no longer sustainable. You know the drill: global warming, species extinction, income inequality, population overshoot, and just when we need it, our democracy is corrupted by Big Oil, Big Ag, Big Pharma, Big Media, and Big Boxes! It seems like globalization, austerity budgets, and even the War on Terrorism are inevitable. There is even an acronym: TINA - “There Is No Alternative” to Business As Usual.

We know this story all too well. As we observe the unraveling of our social fabric and the negative impacts on earth’s life support systems, it is tempting to believe that we are indeed screwed. Humans are the problem. The title of a recent book, *Overdevelopment*, *Overpopulation, Overshoot*, offers a succinct summary of our predicament.

Are we doomed? Our fate is not inevitable according to a new book by Joanna Macy and Chris Johnstone: *Active Hope: How to Face the Mess We Are in Without Going Crazy*. The authors note that both the Business As Usual story and the “Great Unraveling” story have a flaw: they shut down communication, and they leave no role for humans to change what is seen as inevitable. TINA. No hope for humanity.

See ACTIVE HOPE - page 6

BACK BY POPULAR DEMAND!

Join Blue Rock Station and Simply Living Sustainable University for a comprehensive three-weekend photovoltaics class that prepares students to sit for the ETA Level 1 PV Certification Exam. Classes will be held Saturday and Sunday, from 8:00-5:00 on September 19-20, September 26-27 and October 3-4.

The workshops are taught by Jay Warmke, of Blue Rock Station, a sustainable living center that offers tours, workshops and a goat college. Jay is the author of a number of books on renewable energy, including *When the Biomass Hits the Wind Turbine* (BRS Media), *Understanding Photovoltaics: A Study Guide for Solar Electric Certification Programs* (BRS Media), and many more.

For more information on registering for these workshops visit: www.bluerockstation.com
DIRECTOR’S COLUMN

I have been with Simply Living now for about six months. As a maturing organization of 23 years, I have been interested in discovering what has contributed to its success, what are the aspects that are relevant in people’s lives today and what propels it toward the future.

From a structural perspective, the systems that are in place for running the organization are simple and sound. We have had our legal 501(c)(3) status for 23 years, we are up to date on all local, state and federal paperwork, we have the same kinds of expenses that most organizations have. In short, there is nothing particularly extraordinary about the way we operate.

So what is extraordinary about Simply Living? I believe the lead article, Active Hope, in this issue sheds light on why Simply Living is a powerful force in our community.

Cumulatively and unconsciously, the media messages that we have been absorbing for decades have shaped our perceptions of what is normal and important, promoting values that lead to unchecked consumerism and our overall cultural belief that business as usual will lead us to abundant material satisfaction.

The community of Simply Living, current and past, bucked this belief long ago and instead forged ahead guided by values that lead us to actions that help build sustainability, and that help our community work more like an ecosystem targeting long term viability rather than temporary, short-term gain.

The vision of the organization has remained the same through the years: creating a compassionate and sustainable world through community and cultural transformation. It resonates with those who believe in active hope and are carefully “taking action to bring about the outcomes we desire.”

The Simply Living community continues to provide support for those who believe that it is worthwhile to engage in life affirming activities that will lead us to a stronger community and healthier planet. As the article states, the three important dimensions – holding actions, new life-sustaining systems and practices, and a shift in our consciousness - are all equally necessary and mutually reinforcing. We are committed to providing opportunities that build environmental awareness, strengthen support for a healthy local economy, and promote social responsibility throughout our community.

I have come to experience Simply Living as a remarkable organization that has been quietly leading our community in a spirit of hope and practicality for years. I am delighted to be part of its future with you.

—Sarah Edwards, Director

COMPASSIONATE COMMUNICATION OFFERS SUMMER CAMP

Simply Living shares office space with the Compassionate Communication Center of Ohio (CCCO), whose mission is “to promote peace, eliminate violence and work through conflict by systematically using Nonviolent Communication (NVC). CCCO “envisions a community where we live in peace and compassion for all.” At Simply Living, we envision “creating a compassionate and sustainable world through personal, community and cultural transformation.” CCCO’s Jeff Brown shared with us this opportunity for families.

We’re excited to host our second annual Compassionate Communication summer camp on August 1-8, 2015 in Delaware, OH – a unique, weeklong residential camp for the entire family... Compassionate Communication style!

The Family HEART Camp is a unique opportunity for children, parents and families who would like more Harmony, Ease, Authenticity, Respect and Trust in their family, in their communities, and in the world. The camp will offer all ages an unforgettable experience of compassionate community in a place of natural beauty.

We will have a range of games, activities and workshop sessions, all of which are offered using the principles of nonviolence, interdependence and partnership... so that you can have fun, enjoy nature, and learn valuable life skills all at the same time!

For more information, call 614-558-1141 or visit www.speakingpeace.org
MEET OUR NEW BOARD MEMBERS

KERRY GRIFFITH

Kerry has a unique talent for connecting people to one another, consumers to goods and services, and helpful information to the community. Her love and dedication to living a healthy and sustainable lifestyle allows her to support others with their choices, and to support natural health and sustainable businesses throughout Central Ohio.

Kerry has spent the majority of her career dedicated to the growth and development of her family’s sign and graphics company, The Redirections Group. Her strategic thinking, commitment and perseverance have made the company’s Columbus office a successful entity over the past 14 years.

Kerry’s passion and strong beliefs in complementary health systems, wellness, and holistic lifestyles led her to launch the Central Ohio publication of Natural Awakenings magazine in 2013. Her enthusiastic approach to bringing together like-minded practitioners, consumers, and experts in natural health modalities and the community of Columbus has made her a key player in the successful boom of Central Ohio’s natural lifestyle industry and enhances other businesses with new vendors and clients.

By attending the Gift to be Simple luncheon the past few years, Kerry feels right at home with the volunteers and business partners of Simply Living. Supporting the local economy, communities towards a sustainable future, and promoting holistic approaches to living in harmony with nature, all speak to Kerry’s heart and passion. Kerry is thrilled to join the Board to help it continue to grow and prosper with Simply Living’s mission and vision.

JENÉE MURPHY

Jenée Murphy comes to the Board of Simply Living in pursuit of her continued intention to plant and cultivate seeds and ideas to improve her surroundings. A holistic nurse and massage practitioner by trade, having studied holistic approaches to health and wellness both in Ohio and abroad in India, Jenée brings compassion and love to all her endeavors, be they personal, professional or communal. A community organizer by nature, in Simply Living, she sees an opportunity to spread this message more broadly, and further impact her surrounding community.

JENNY ALBERTI

After graduating from Columbus College of Art & Design with a bachelor’s degree in Graphic Design and Advertising, Jenny worked for 7 years for a Short North advertising and design agency. In 2012 she started a video and design agency, Amelia Street Studio, with her two sisters. While living in Columbus she has developed a love for the city and welcomes learning new things about it. While producing a video for Simply Living’s 2014 Luncheon, she learned how meaningful and important Simply Living and working towards sustainability is.
CARE + SHARE
TIME BANK
POTLUCKS

Meet your Community. Share food, network, participate! Orientations for new members. Topics differ every month.

First UU Church
93 W. Weisheimer Rd., Clintonville

SUNDAY, JULY 19  6:30 PM
Presenter: Pam Patsch
"Earth Institute Discussion Courses at Simply Living"

SUNDAY, AUGUST 16  6:30 PM
Presenter: Sarah Edwards
"Media Literacy: Staying Sane in Our Consumer Culture"

ORIENTATIONS

WEDNESDAY, JULY 15  6:30-8:30 PM
Presenter: Andrea Gorzitze
Grandview Heights Library
1685 West First Ave., Columbus, 43212

WEDNESDAY, AUGUST 12  7 PM
Presenter: TBD
Whetstone Library
3909 N High St., Columbus 43214

MONDAY, SEPTEMBER 14  7-9 PM
Presenter: Sharon Treaster
Old Worthington Library
820 High St., Worthington 43085

DOCUMENTARY FILMS + LOCAL SOLUTIONS

Simply Living showcases independent, documentary films that address a variety of current issues. Events are often followed by Q&A with experts representing local organizations working to provide solutions to issues raised in the film. Thanks to the Puffin Foundation West Ltd. for supporting these monthly public screenings. Invite friends and spread the word about this informative series.

FRIDAY, JULY 24  7-8 PM
Meet Simply Living + Film: Economics of Happiness
Northwood High Bldg, Room 100
2231 N. High St. 43201
Free parking in “R” spaces in rear lot. Learn about Simply Living and our current programs from 7 - 7:45 pm, followed by light refreshments. At 8 pm, we’ll screen The Economics of Happiness, the best film on the transition from economic globalization to local economies and community revitalization. Trailer and more info here: theeconomicsofhappiness.org. Come to either or both events. Free. Donations welcome.

WEDNESDAY, AUGUST 19  7-9 PM
Bought!
6180 Linworth Rd.
Worthington, OH 43085
Bought is a film that dares to tell the truth about three hot topics: Big Pharma, GMOs in our food system, and Vaccines - why all three? They share the same villain. Come early for a Meetup/Social at 6 pm.

SUNDAY, SEPTEMBER 20  3-6 PM
Double Feature: More than Honey and The Myth of Choice: How Junk-Food Marketers Target Our Kids
Studio 35, 3055 Indianola Ave.
Columbus, OH 43202

MEETUPS/SOCIALS

Join Simply Living for “good green fun” at gatherings held in a different local business or organization each month. We learn from brief presentations by the owners or directors, followed by Q&A. We include plenty of time to socialize and network. Light refreshments are served. Free!

SUMMER BREAK!
No Meetup/Social in July

WEDNESDAY, AUGUST 19  6-7 PM
Talk and Tour of Worthington Optimal Wellness
6180 Linworth Rd.
Worthington, OH 43085
Talk by Dr. Julia Keiser who will share her passion for all natural, noninvasive, and completely customized healthcare solutions. Tour the facilities and learn about their comprehensive services that involve chiropractics, massage, nutrition, acupuncture, yoga, allergy relief, weight loss, and smoking cessation. After the Meetup, watch the movie Bought from 7 - 9 pm.

SUNDAY, SEPTEMBER 27  4-6 PM
Talk and Tour of New South Side Developments and Fresh Food Campus Plans
Gather Conference Space,
629 Parsons Ave., Columbus 43206
Learn about exciting new developments on Parsons Avenue from South Side activist and food entrepreneur, Bob Leighty. Find out how Food Hubs transform neighborhoods, and see what is already in place at the new Fitness Loft adjacent to Alchemy Juice Bar & Cafe. Optional: eat at the new Crest restaurant after the Meetup.

(TENTATIVE)
UPCOMING COURSES

Simply Living is forming two Northwest Earth Institute (NWEI) Courses to be offered later this summer or fall. Earth Institute discussion courses are designed to encourage systems thinking and inspire participants to make positive changes in their own lives. Participants meet each week for 60-90 minutes to discuss the selected readings, share their own stories, reflect on their values and experiences, and inspire each other to live more sustainably. This is a great opportunity to learn more about important issues, build community with others, and create change. Class sizes are limited to 8-12 people.

Hungry for Change: Food, Ethics, and Sustainability

What we eat matters—the food choices we make every day have an impact on our planet. Hungry for Change helps participants explore the true meaning of the phrase “you are what you eat.” Learn about our roles as both consumers and as creators—of food, of systems, and of the world we live in. Discuss how food choices have an impact on a range of issues, including ecosystem health, factory and farm worker treatment, and our global economy. Participants create personal action plans and discover how to create a healthy food environment. A detailed list of articles and resources included in the Hungry For Change course book are available in the Table of Contents. The class will meet for 6 weeks. Cost for the book is $27 plus shipping.

Change is Our Choice: Creating Climate Solutions

The science has long been settled: climate change is real and it’s happening all around us right now. Our new five-session discussion course on climate action will help you take action to increase resilience and mitigate the impacts of climate change. Presented in an interactive e-book, this new discussion course experience integrates video, audio and printed content with action plans that help you roll your sleeves up and get started taking action toward a better tomorrow. The choice is ours – take action now or react to even larger systemic problems later. The NW Earth Institute’s new five-session discussion course on climate action will help your community to do just that – take action in your own lives to increase resilience and mitigate the impacts of climate change. See more at: http://www.nwei.org/discussion-course-books/climate/#sthash.aT1Oo9Yr.dpuf

If you are interested in taking one or both of these classes, contact Pam Patsch at EarthInstitute@SimplyLiving.org. Dates, time, and location for the courses will be determined once the class is filled.

PUFFIN COLLABORATIVE FILM FESTIVAL:
MOVIES WITH A MISSION

SUNDAY, OCTOBER 11
ALL DAY, 6 PM FOR SIMPLY LIVING’S FILM

Gateway Film Center, 1550 N. High St Columbus 43201

Puffin Foundation is sponsoring an all day Film Festival featuring films selected by Puffin grantees. Simply Living plans to screen Basmati Blues, a new film about GMOs in India, and second choice is Big Night. Stay tuned for updates. Other films featured at the Fest: Rollerball, The Soloist, One Flew Over The Cuckoos Nest, Promised Land, and Boy Meets Girl! More info at puffinfilm.org
ACTIVE HOPE

Active Hope offers a third story they call The Great Turning. This story is held by those who know that Business as Usual is leading us to disaster, but who refuse to accept that The Great Unraveling is the inevitable outcome. The Great Turning is a story about transitioning from a doomed economy of industrial growth to a life-sustaining society committed to healing our world. The central plot of this third story is finding and offering our gift of Active Hope.

There are two meanings of the word hope. The first involves hopefulness and results in only committing ourselves to action if we believe our preferred outcome is probable. The second meaning of hope is about desire – knowing what we hope for and want to happen. Passive hope is about waiting for outside agencies to bring about what we want. Active Hope is about taking action to bring about the outcome we desire.

Chances are that if you are reading Simply News then you are already participating in The Great Turning, or what Transition Town founder Rob Hopkins calls the Transition to an ecologically sustainable future. We are taking actions to bring about the world we envision. We are activists. Being an activist is more than campaigning and protest. Activism is anything we do out of our desire for the well-being for all life. There are three dimensions to The Great Turning which encompasses the range of activism.

The First Dimension involves Holding Actions which are intended to hold back and slow down the damage being done by Business as Usual. The goal is to protect what is left of our natural support systems and to counter the unraveling of our social fabric by caring for those who have suffered from Business as Usual. This dimension involves raising awareness of the damage being done and documenting the connection between cause and effect. There are many examples: connecting fossil fuel consumption with climate change; connecting the availability of

“Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing.”

~ ARUNDHATI ROY

Active Hope authors, Chris Johnstone and Joanna Macy
cheap consumer products with exploitation of workers; and the links between pollution and toxic chemicals with illnesses ranging from childhood asthma to breast cancer. Holding actions can include educating yourself and others as well as forms of protest such as boycotting products or companies, signing petitions, attending rallies or marches, legal proceedings, and direct actions.

The second dimension involves creating Life-Sustaining Systems and Practices by re-thinking the way we do things and redesigning structures and systems to be more sustainable. Examples of life-sustaining systems and practices include organic farming, fair trade initiatives, farmers markets or CSA’s, renewable energy, green buildings, hybrid cars, mass transit, supporting local businesses, and socially responsible investments.

The third dimension requires a Shift in Consciousness and involves changes that take place in our hearts, minds, and our views of reality. Shifting from seeing ourselves as separate, independent, and ego-centered beings to a recognition that we are interdependent and connected to the web of life, changes the choices we make and the way we live our lives. We strengthen our compassion and deepen our sense of belonging in the world through spiritual and personal development. Actions may include meditation or prayer, spending time in nature, reading and journaling to deepen understanding, and being involved in our communities.

The three dimensions of The Great Turning – holding actions, new life-sustaining systems and practices, and a shift in our consciousness - are all equally necessary and mutually reinforcing. Although you will not see much evidence in the mainstream media, there is a rapidly growing grassroots movement of people around the world who are acting out their parts in The Great Turning. We are waking up to the Great Unraveling caused by Business As Usual. We are exercising our free will and making choices that lead to the desired outcomes we envision. Active Hope is a path that can help us find our unique gifts and contribute to The Great Turning.

Pam Patsch is a Simply Living member and Chair of the Earth Institute Committee.

VOWS OF ACTIVE HOPE

BY JOANNA MACY

I vow to myself and each of you
To commit myself daily to the healing of our world
and the welfare of all beings.
To live on Earth more lightly and less violently
in the food, products and energy I consume.
To draw strength and guidance from the living Earth,
the ancestors, the future beings,
and my brothers and sisters of all species.
To support each other in our work for the world
and to ask for help when I feel the need.
To pursue a daily practice that clarifies my mind,
strengthens my heart and supports me in observing these vows.
Please support Simply Living’s local business members. In addition to yourselves, they help support our efforts to “build local.” You might also mention that you saw their listing in our directory!

### Automative

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<th>Business Name</th>
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<tbody>
<tr>
<td>Tongda Toyota Honda</td>
<td>508 N. Cassady Ave, Bexley, OH</td>
<td>614-252-3951</td>
<td>TongDaAuto.com</td>
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<tr>
<td>Kemba Financial Credit Union</td>
<td>200 Crestview Rd, Cols, 43202</td>
<td>614-261-3663</td>
<td>Kemba.org</td>
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### Classes / Workshops

- Boline Apothecary (see Health & Wellness)
- Dabble and Stitch (see Sewing/Crafts)
- Pearls of Wisdom (see Shops)
- Randall Loop (see Health & Wellness)
- Wholly Craft (see Sewing/Crafts)

### Community Markets

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<td>Bexley Natural Market</td>
<td>508 N. Cassady Ave, Bexley, OH</td>
<td>614-252-3951</td>
<td>BexleyNaturalMarket.org</td>
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<tr>
<td>Clintonville Community Market</td>
<td>200 Crestview Rd, Cols, 43202</td>
<td>614-261-3663</td>
<td>CommunityMarket.org</td>
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<tr>
<td>Ecoflora</td>
<td>200 Crestview Rd, Cols, 43202</td>
<td>614-261-3663</td>
<td>EcoFloraDesign.com</td>
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### Eco-Solutions

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<tbody>
<tr>
<td>Ecohouse Solar</td>
<td>3709 N. High St., Ste. 100, Cols, 43214</td>
<td>614-268-4263</td>
<td>EcoHouseSolar.com</td>
</tr>
<tr>
<td>Go Sustainable Energy</td>
<td>3709 N. High St., Ste. 100, Cols, 43214</td>
<td>614-268-4263</td>
<td>GoSustainableEnergy.com</td>
</tr>
</tbody>
</table>
HEALTH & WELLNESS

KARYN DEIBEL, CERTIFIED SENIOR TRAGER® PRACTITIONER
614-261-6480

The Trager® Approach
Karyn.Deibel@gmail.com

KELLER CHIROPRACTIC
422 Morse Rd.
Cols, 43214
614-885-4480

KellerDC.com

ALL LIFE CENTER FOR INTEGRATIVE WELL BEING
123 Hyatts Road
Delaware, 43015
740-201-8242

AllLifeCenter.org

BOLINE APOTHECARY
15 W. Dunedin Rd.
Cols, 43214
614-517-0466

BolineApothecary.com

DENTAL ALTERNATIVES
150 E. Wilson Bridge Rd., Worthington, 43085
614-888-0377

DentalAlternatives.net

RANDY LOOP, LMT, MLC, OM
SUSTAINABLE WELLNESS SERVICES
1560 S. 4th St.
Cols, 43207
614-496-4595
erloop@gmail.com
Massage - Coaching - Workshops
RandallLoop.com

WELLNESS FORUM
614-841-7700
WellnessForum.com

REGIONOMICS
BILL LAFAYETTE, PH.D.
614-443-3992
RegionomicsLLC.com

THINK COLUMBUS FIRST
614-354-6172
an initiative of S.O.L.E.
(Support Our Local Economy Coalition)
ThinkColumbusFirst.org

INSURANCE

GRUBER INSURANCE
3040 Riverside Dr.
Cols, 43221
614-486-0611

GrubersInsurance.squarespace.com

LOCAL FOODS

BACKROOM COFFEE ROASTERS
1442 W. Lane Ave., Cols, 43221
614-486-8735
BackroomCoffeeRoasters.com

PERSONAL WELLNESS INTEGRITY, LTD
Worthington, OH
iAmPWI@yahoo.com

LOCAL ECONOMY

CELEBRATE LOCAL
at Easton Town Center,
Ohio
614-471-6446
CelebrateLocalOhio.com

ECONOMIC AND COMMUNITY DEVELOPMENT INSTITUTE
1655 Old Leonard Ave., Cols, 43219
614-559-0115

Investing in people to create measurable and enduring social and economic change
ECDI.org

LOCAL MEDIA

NORMAN TEA
100 N. High St., Columbus, OH 43215
614-464-6900

Natural Awakenings of Central Ohio
(see Local Media)

THINK COLUMBUS FIRST
614-354-6172
an initiative of S.O.L.E.
(Support Our Local Economy Coalition)
ThinkColumbusFirst.org

NATURAL AWAKENINGS
A monthly magazine for healthy and sustainable living.
Produced locally and distributed for free.
NACentralOhio.com

WCBE 90.5 FM
Central Ohio NPR News & Music
WCBE.org
INTERESTED IN SIMPLY LIVING BUSINESS MEMBERSHIP?

Our members and the community at large refer to Simply Living for relevant and current resources. Join us as we build a vibrant local and supportive community for a resilient future! Download our Business Member application at www.SimplyLiving.org/content/business-membership or contact Sarah Edwards at sedwards@simplyliving.org or 614-447-0296 for more details.

INDEPENDENTS’ DAY FESTIVAL

SEPTEMBER 19-20

East Franklinton

Simply Living will be exhibiting! Come for live music on four stages, an array of local arts showcases, marketplaces with some of Ohio’s celebrated vendors, amazing food and drink + live interactive features! thisisindependent.com
Our members have been pioneers for 20+ years in learning to live responsibly and joyfully on the earth. Today, Simply Living is a hub of the wheel turning communities toward a sustainable future. We have a broad vision to co-create “a compassionate and sustainable world through personal, community, and cultural transformation.” As individuals, we encourage voluntary simplicity. As a community, we advocate for localization to rebuild our local economy, our food system, and transition to renewable energy. As a culture, we promote holistic approaches to living in harmony with nature.

The global consumer economy is not sustainable. Business as usual is not sustainable. Simply Living attracts cultural creatives working to change this status quo. We are a nonprofit, grassroots organization affiliated nationally with the Transition Town movement and the Business Alliance for Local Living Economies. We are intergenerational and welcome people of all ages, colors, creeds, or gender preference.

Please join us in our work to leave the world better than we found it for future generations.

E-mail Hello@simplyliving.org.
**GIFT TO BE SIMPLE**

**WEDNESDAY, OCTOBER 28**
12 - 1 PM

Boat House Restaurant

**BILL COHEN **

**FUNdraiser Concert for Simply Living**

**SATURDAY, AUGUST 22**
7-9 PM

Oldies But Goodies Concert 1957 - 1963

Maple Grove Church, 7 W. Henderson Rd. in Clintonville, 43214
Free parking in back lot, enter off Aldrich Rd.

Join Bill Cohen for songs made famous by Ricky Nelson, Sam Cooke, the Everly Brothers, Frankie Avalon, the Drifters, Bobby Darin, Paul Anka, Fabian, and others. Background doo-wop vocals by the Harmonettes! See a display of 1950's memorabilia and decorations. Bill will have trivia questions about 1950's songs and fads and more fun surprises.

$10 per person donations are suggested at the door, with proceeds going to Simply Living!